



**TIMES
SCHOOL SURVEY
2019**
Ranked No. 1
as school leaders in Greater
Noida by the Times of India
Survey 2019



**PRAGYAN
SCHOOL**

WEEKLY CIRCULAR SENIOR

13th OCTOBER 2023
(CIR/PS/101/2023-24)

ASSEMBLY IX-XII

The morning assembly is a daily ritual, serving as a vital platform for fostering a sense of community and instilling discipline among students. Students of Grade XII C conducted the morning assembly. The assembly started with a prayer followed by a thought-provoking quote and Global news. It further proceeded with a talk on a Famous German Author Jacob Grimms. The students vividly presented his life, work, education and details related to his career. They also presented a debate on the topic- Should human cloning be legalized? Myriad of opinions were put forward by the debaters of other classes as well. To add a touch of creativity, a brief musical presentation was included in the assembly. Students showcased their talents in the form of music providing a refreshing break from the routine and showcasing the diverse talents.



OPEN FORUM IX-XII

The Open-Forum on the topic 'Games Make the Students disciplined' was held on 9th October, 2023 for the students of Classes IX-XII. The objective of the forum was to discuss and analyze the influence of games and their positive impact on the lives of the students. The discussion emphasized the importance of setting boundaries and responsibilities of work and study. The participation of the students was appreciative. The open forum served as a platform for constructive dialogue, highlighting the multifaceted relationship games and discipline.



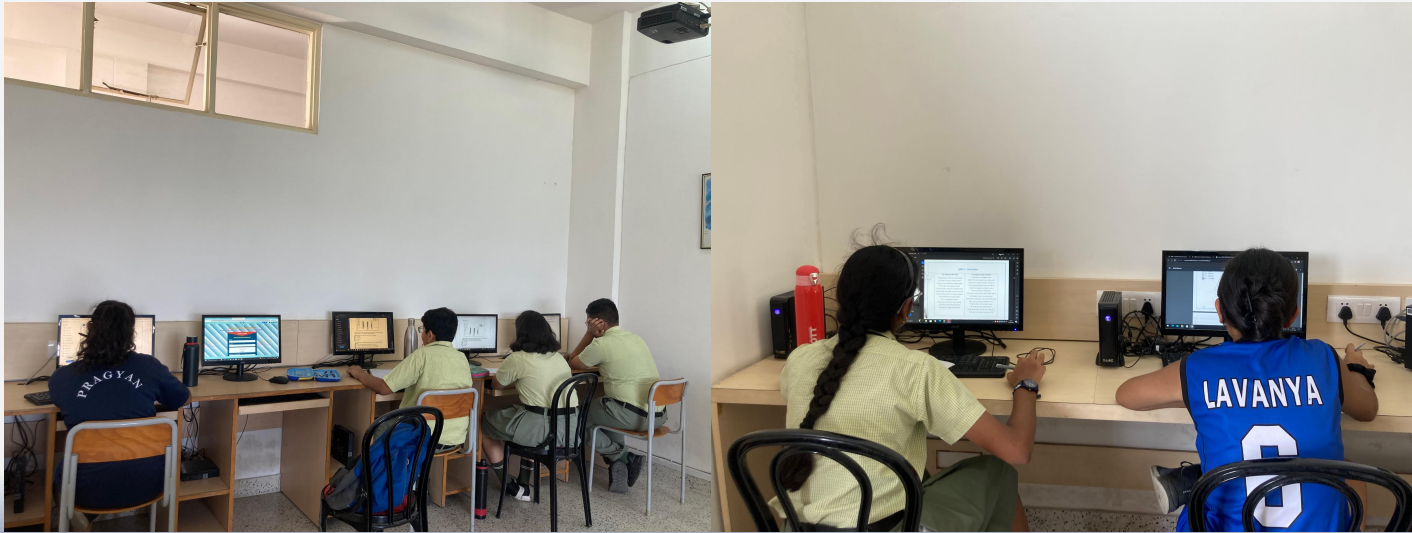
TERI Green Olympiad and IGKO

Selected students of classes VI-XII appeared for the International GK Olympiad on 10th October 2023 and the Green Olympiad on 12th October 2023.



CBSE READING CHALLENGE ROUND -II

Selected students of CBSE reading challenge Round -I ,appeared for the Round-II on 10th & 11th Oct 2023.



WORKSHOP IX-XII

In commemoration of World Mental Health Day on October 10, 2023, the Health and Wellness Club organised a Mental Health Awareness workshop for the students of class IX-XII. The distinguished speaker for the event was Ms. Anushka Rathee, a counselling psychologist based in Noida. The focal point of World Mental Health Day 2023 revolves around the theme 'Mental Health is a universal human right'. Ms. Rathee engaged the students by delving into the essence of mental health and its significance. She addressed the various coping mechanisms that students employ during periods of stress and crisis, distinguishing between healthy and unhealthy approaches. She outlined four key steps for maintaining good health – stir the imagination, maintain a routine, stay connected, and take a break.



LIFE SKILLS SESSION VI-VIII

To assist adolescents in developing the skills required to deal with life's realities, life skills classes. Students of class VI learned the difference between sympathy and empathy. The students grasped the importance of extending empathy not only to humans but also to animals. In an effort to cultivate empathy and kindness, they were organized into groups of three. Their task was to collaboratively compile a list of ten ways in which they could offer assistance to individuals within their school community, encompassing teachers, support staff, and friends. Students of class VIII were engaged in brainstorming sessions to identify scenarios where a fellow student might face bullying. Subsequently, they enacted role plays, prompting their peers to empathize with the student experiencing bullying and consider responses like 'what would they do. in each presented scenario.



MANODARPAN SESSION IX-X

Engaging in breathing exercises proves beneficial for anger management. During moments of anger, the brain signals a crisis to the body. By slowing down and directing focus towards one's breath, this communicates to the brain a sense of safety. Consequently, breathing exercises can have a calming effect.

One such breathing technique called Box-Breathing was taught to the students of class X. the following steps were followed – following steps were followed –

Step 1: Breathe in, counting to four slowly. Feel the air enter your lungs.

Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Step 3: Slowly exhale through your mouth for 4 seconds.

Step 4: Repeat steps 1 to 3 until you feel re-centered.



ECOLOGY CLUB: GREEN WARRIORS

The students enthusiastically made beautiful and creative feeder and nests. They were asked to put it on their balconies or at any other suitable place at home for the birds.



HEALTH AND WELLNESS CLUB: AAROGYAM

On 12 Oct 23, during the Club period students were taught the correct techniques of doing meditation and breathing exercise .The session concluded by reminding the students that they can use these meditation techniques whenever they feel stressed or need some relaxation.



COMPUTER CLUB:TECHSPARK

The students worked on their digital art creation on different digital security themes. The web developers made a new website design using HTML and CSS. The movie makers continued their work on their upcoming project for INTACH .



JOURNALISM CLUB:THE BROADCASTERS

'Report Writing' session was conducted in Journalism Club as on 12th October, 2023 during the club period. The primary goal of the session was to enhance the report writing skills of club members and provide them valuable insights and hands-on experience in crafting effective reports. The session commenced with an overview of the fundamental elements of report writing, including the structure, style and purpose of reports. The students were introduced to the concept of the "5Ws 1H" (Whom What, When, Where, Why and How) as a framework for organizing information. The students of the club actively participated and imbibed the deeper understanding of the key elements of journalism and report writing.





INTERACT CLUB: HELPING HANDS

The Senior Interact club had a weekly meeting on Thursday 12th October. During the meeting interactors segregated the medicines collected last week. All the medicines which were useful (according to the expiry date) were separated and kept ready to hand over to the NGO. Further Interactors prepared some hand made and digital posters to promote the blood donation drive which is scheduled on 14th October.



Pragyan School along with Rotary Club, Gr.Noida..

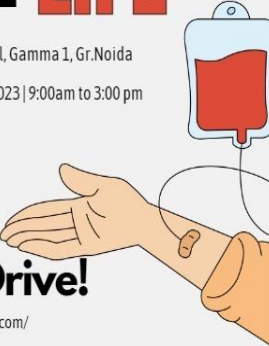
DONATE BLOOD SAVE LIFE

 Pragyan School, Gamma 1, Gr.Noida
 14th October 2023 | 9:00am to 3:00 pm

[Join Us!](#)

Blood Drive!

<https://pragyanschool.com/>





ECOLOGY CLUB

CPCB

LIFE
Lifestyle for Environment

G20
भारत 2023 INDIA

#changeTochange

Save Energy

Turn off the vehicle's ignition while waiting at Red signal/Rायway Crossings!

Together let's conserve Energy!

Follow us    

www.cpcb.gov.in

TIP OF THE WEEK



5 Ways To Be A Positive Parent:

1. Validate, empathize, and sympathize
2. Let your child express their emotions
3. Help your child see mistakes as learning opportunities
4. Set consequences that make sense for the situation
5. Be age-appropriate, talk at your child's level

CIRCULARS SHARED DURING THE WEEK

- Parent Teacher Meeting (Classes VI to XII) shared on 9th Oct 2023
- Schedule - Saturday, 14th October 2023 (Classes VI to XII) shared on 12 Oct 2023.

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